

Date _____

Name of Student/Patient _____

Dear Healthcare Provider,

The above named student is requesting to have an Emotional Support Animal (ESA) in his/her dormitory at Barry University on the basis of a disability. In order to accommodate the student's request, we require documentation from you. You may write a letter, simply complete this form, or both. ***Please also attach a copy of your treatment plan.***

A diagnostic statement of the student's disability.

Clearly identify the relationship between the student's disability and the assistance the animal provides. For example, what disability symptoms is the animal able to alleviate?

Level of need for an ESA.

(The ODS recommends that mental healthcare providers read the article referenced below (excerpt provided), or other relevant literature, before making a judgement about whether a patient needs an ESA.)

Yes/No Level of Need

- Student cannot live on campus without the stability that comes from the presence of an animal. Thus, having an ESA in his/her room is a ***necessity***.
- Having an ESA on campus is a component of the student's treatment plan for his/her disability and is deemed ***helpful, but not necessary***.

Name, Credentials, LICENSE NUMBER

Signature

Younggren, J.N., Boisvert, J.A. & Boness, C. L. (2016). Examining Emotional Support Animals and Role Conflicts in Professional Psychology. *Professional Psychotherapy: Research and Practice*, 47(4), 255-260.

What is clear from the literature regarding the use of ESAs is that the person that qualifies for an ESA not only has to present with a DSM diagnosis, but they have to be significantly impaired by that psychological disorder or problem. Finally, the presence of the ESA has to have a significant impact on their psychological disorder or problem such that without its presence, the individual cannot adequately function. In essence, this type of determination is a complex process. Psychologists who perform these assessments also need to be aware of how little scientific literature exists that supports the assumption that the presence of an animal has any palliative impact on a patient. The dearth of research evidence showing that the presence of the animal is necessary only makes the determination and subsequent recommendation more complex.